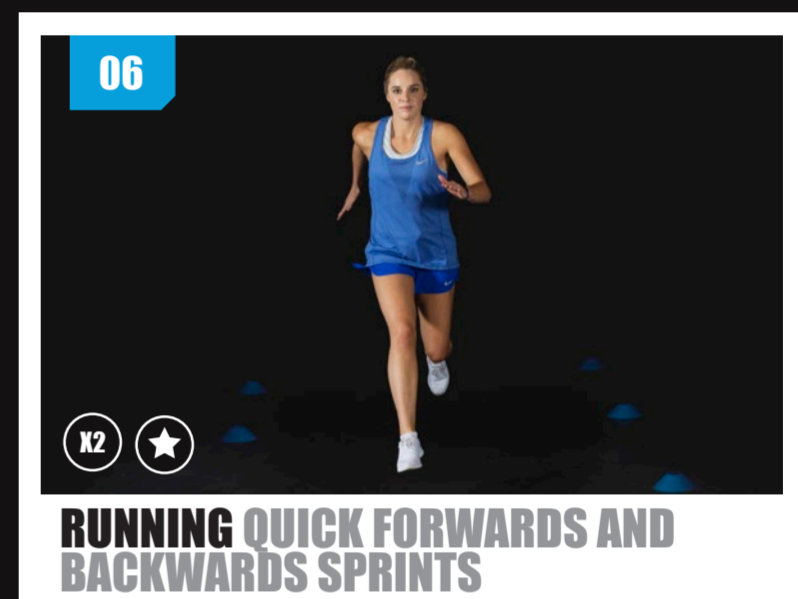
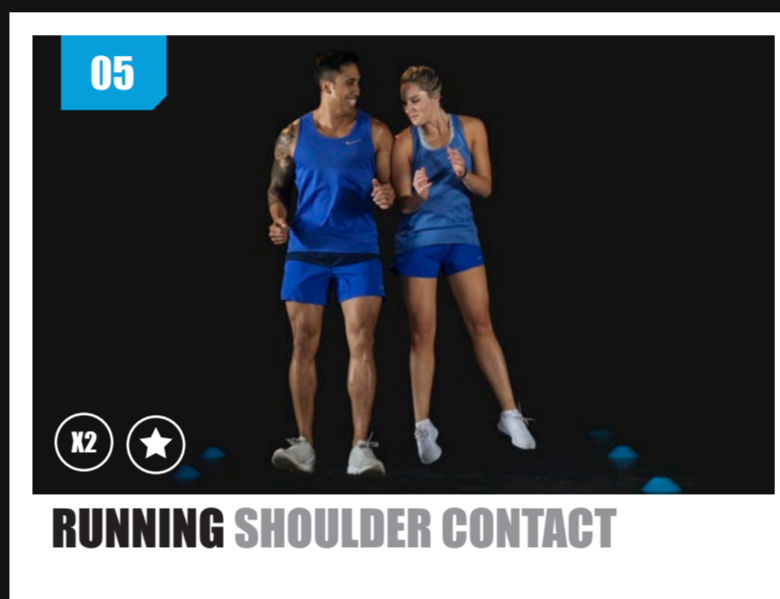
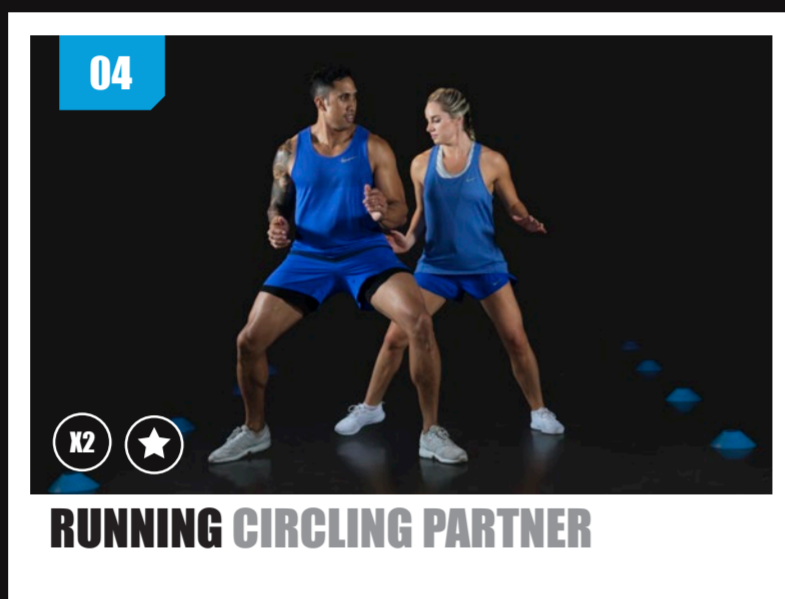
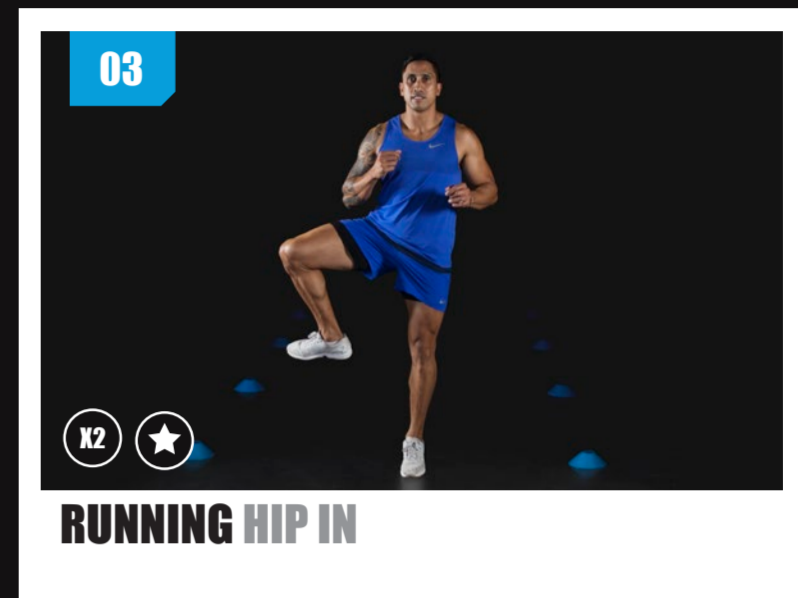
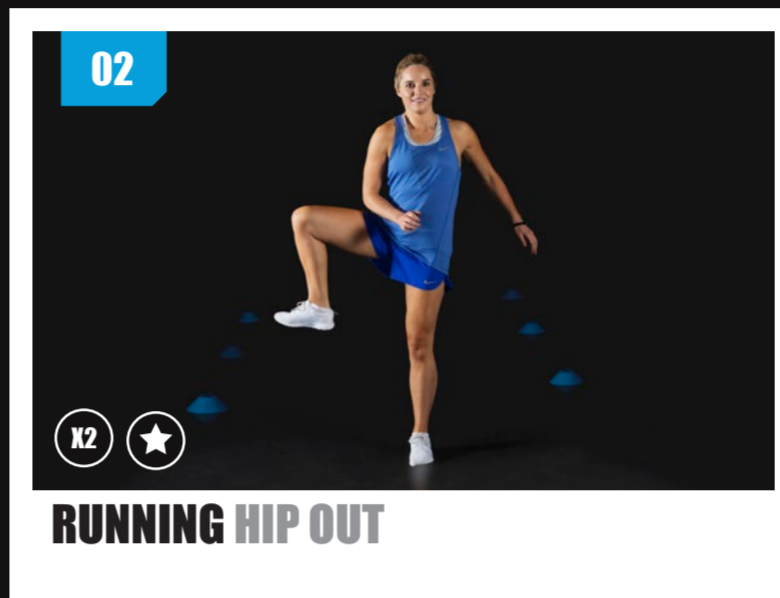
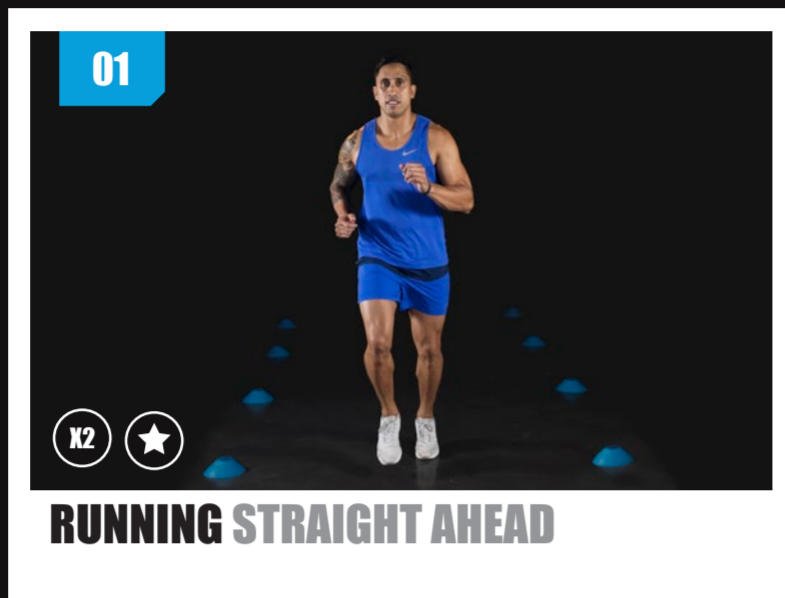
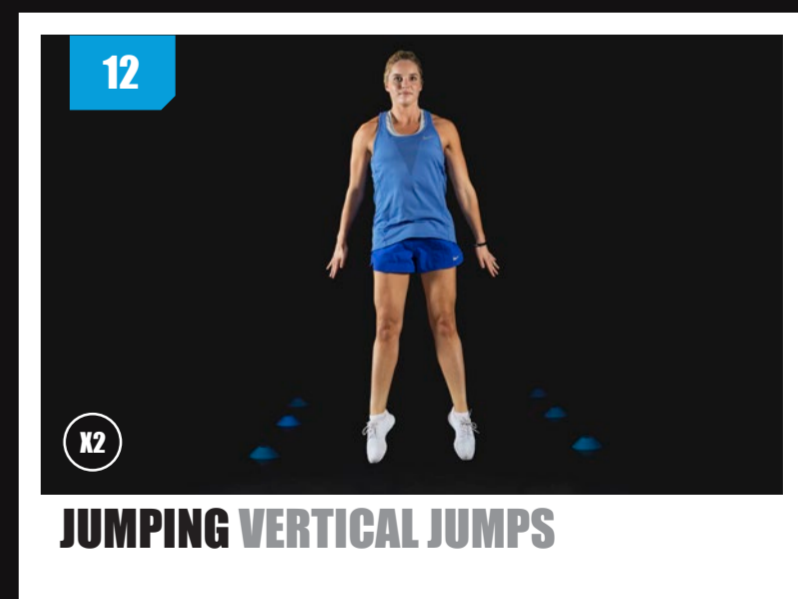
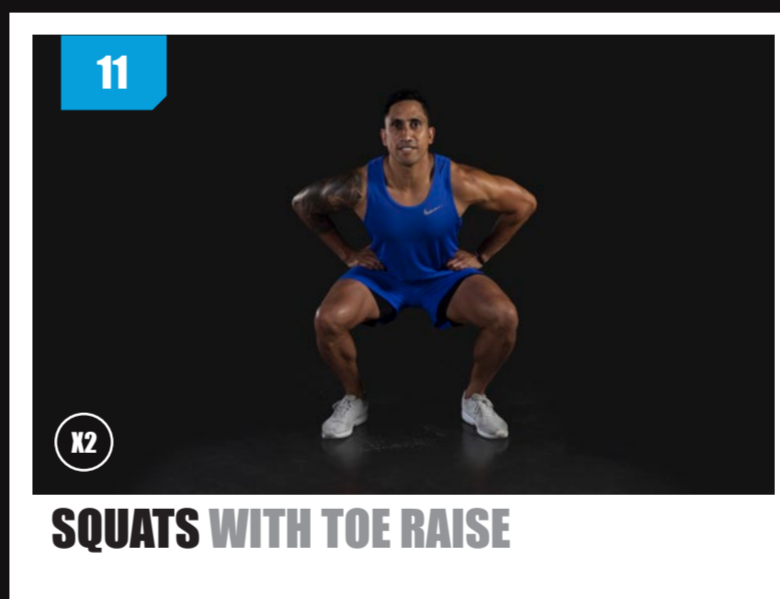
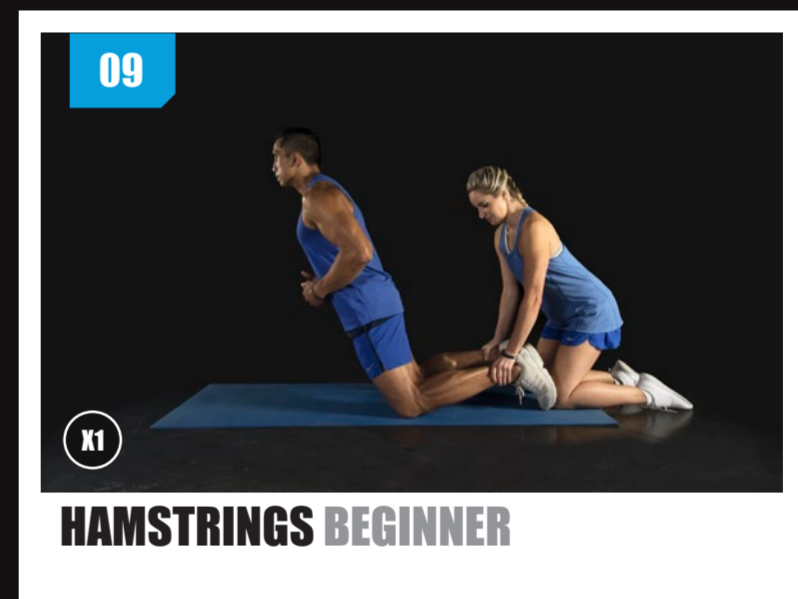
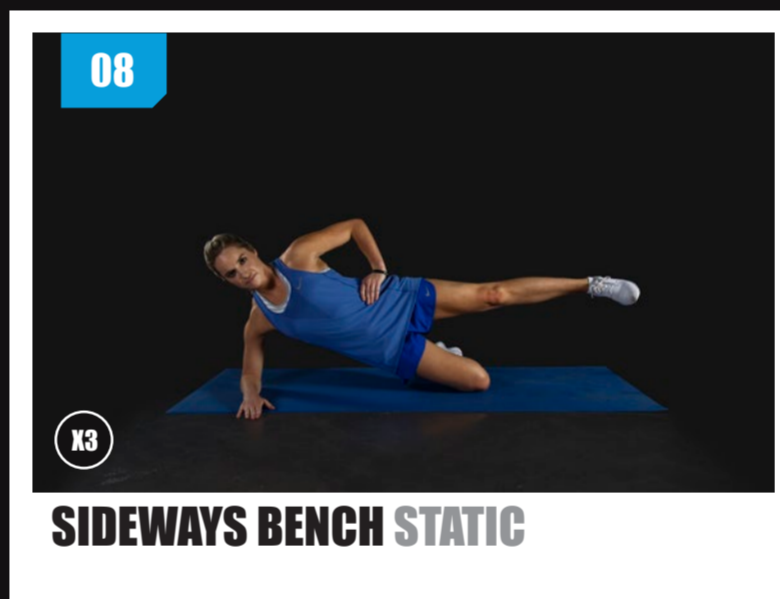
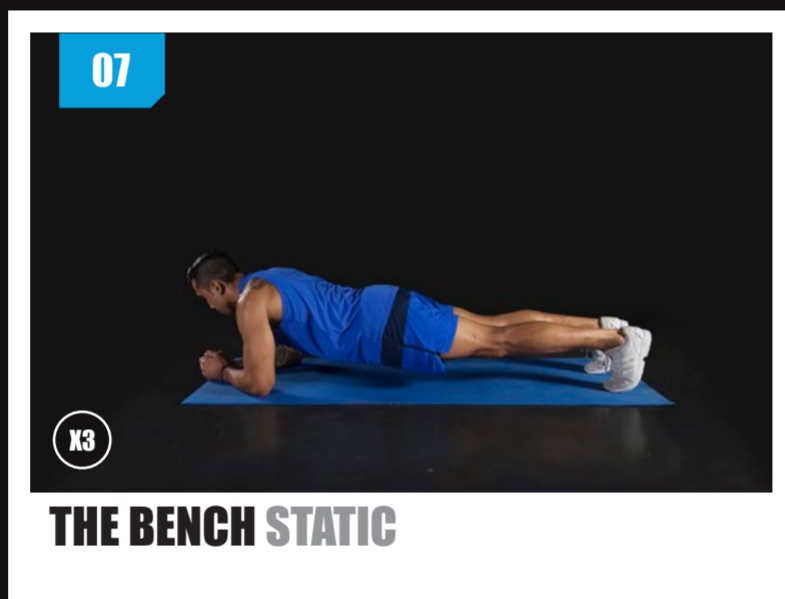


WARM UP BEGINNER

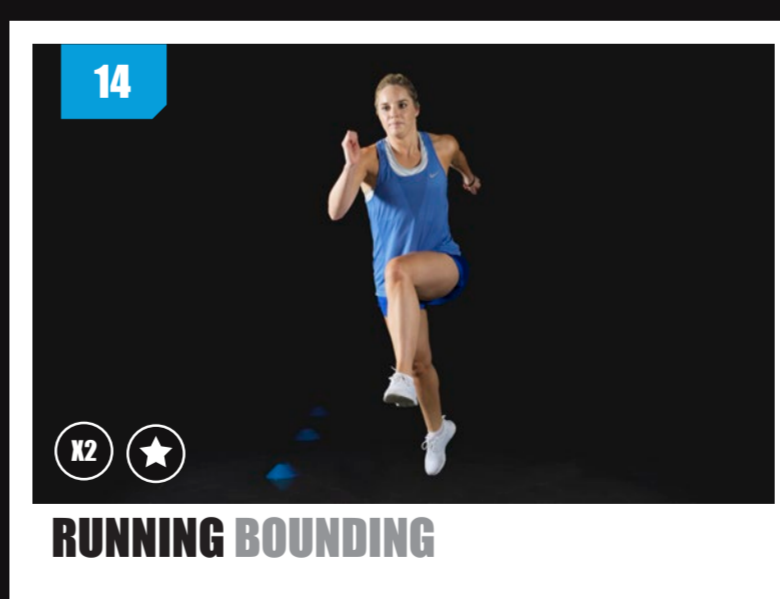
PART ONE
RUNNING ·
8 MINUTES



PART TWO
STRENGTH,
PLYOMETRICS
AND BALANCE ·
10 MINUTES



PART THREE
RUNNING ·
8 MINUTES



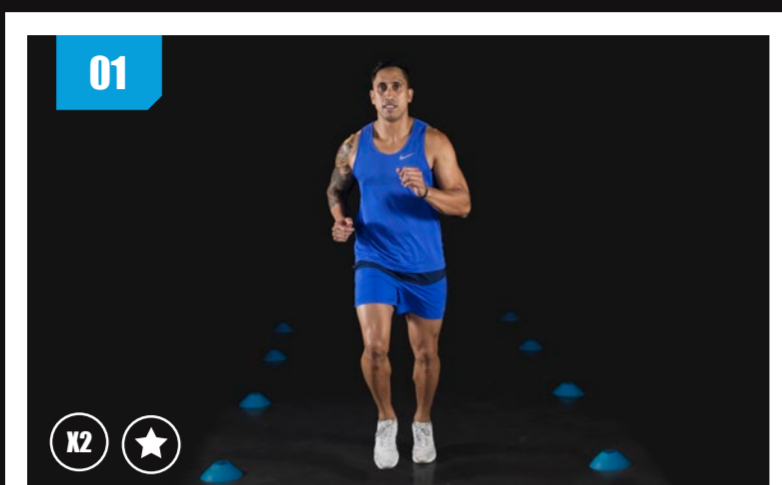
Key: ★ Game day exercises
X Number of exercise repetitions

Check out videos and more at:
accsportsmart.co.nz/warmup

WARM UP INTERMEDIATE

PART ONE
RUNNING ·
8 MINUTES

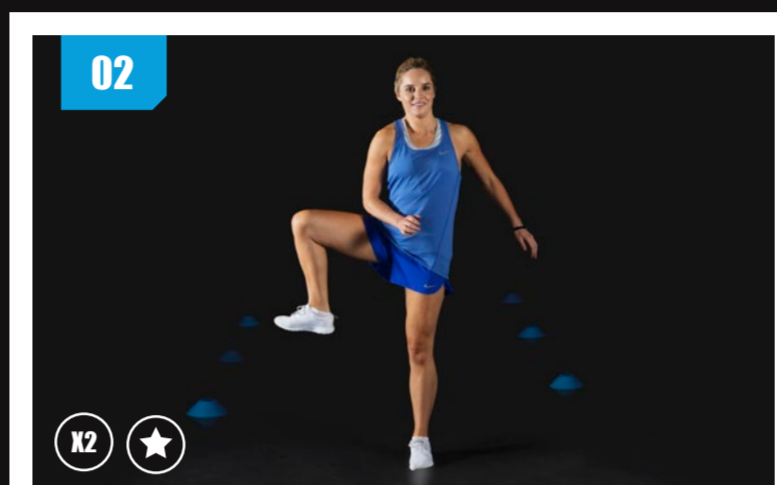
01



X2 ★

RUNNING STRAIGHT AHEAD

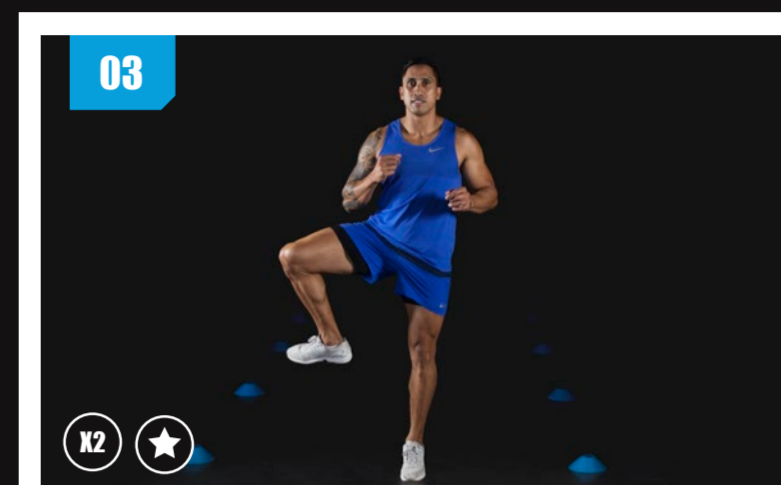
02



X2 ★

RUNNING HIP OUT

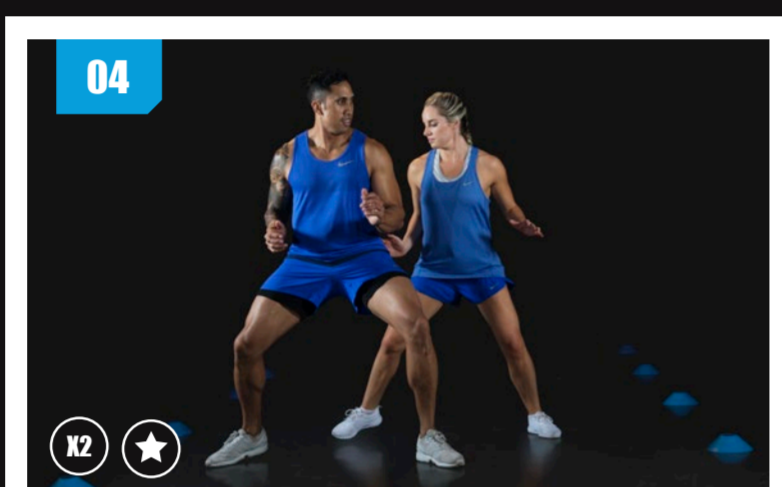
03



X2 ★

RUNNING HIP IN

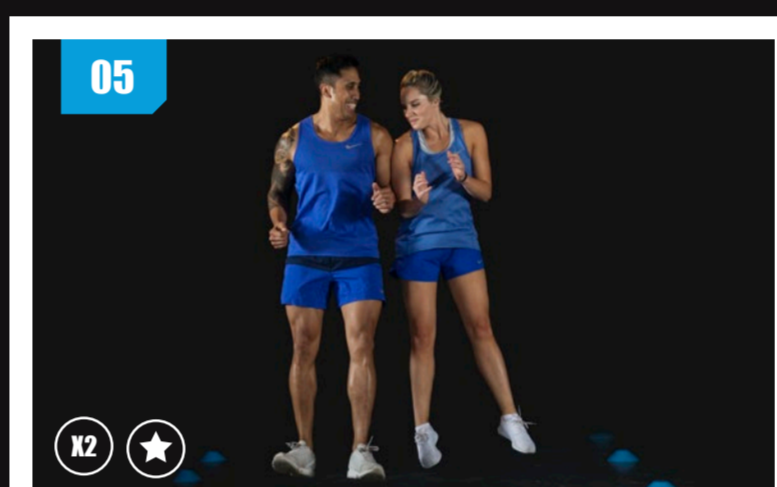
04



X2 ★

RUNNING CIRCLING PARTNER

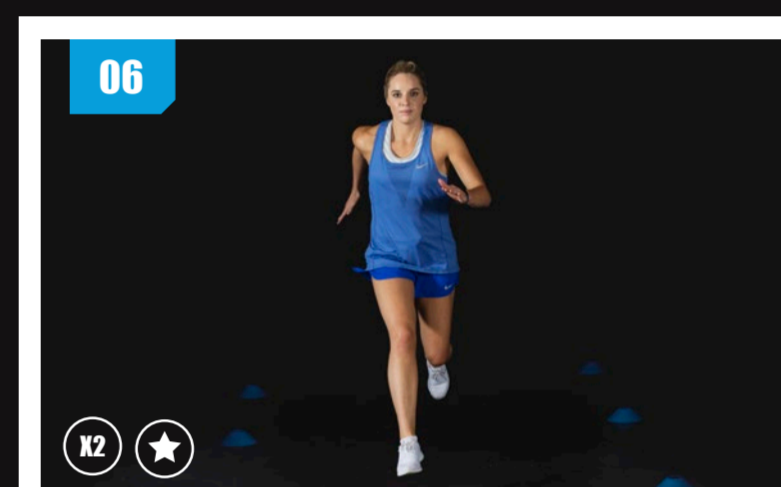
05



X2 ★

RUNNING SHOULDER CONTACT

06

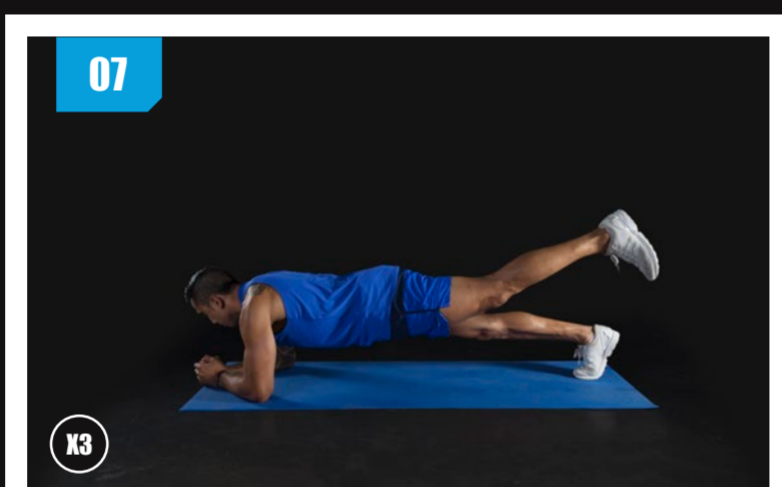


X2 ★

RUNNING QUICK FORWARDS AND BACKWARDS SPRINTS

PART TWO
STRENGTH,
PLYOMETRICS
AND BALANCE ·
10 MINUTES

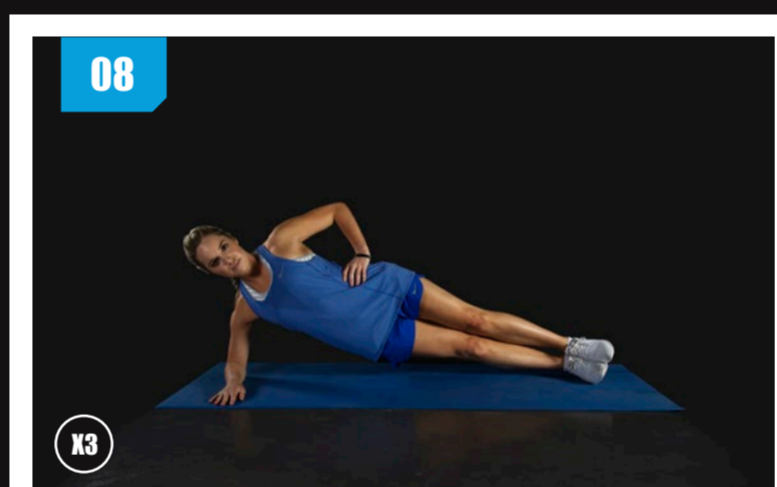
07



X3

THE BENCH ALTERNATE LEGS

08



X3

SIDWAYS BENCH RAISE AND LOWER HIP

09



X1

HAMSTRINGS INTERMEDIATE

10



X2

SINGLE LEG STANCE THROWING BALL WITH PARTNER

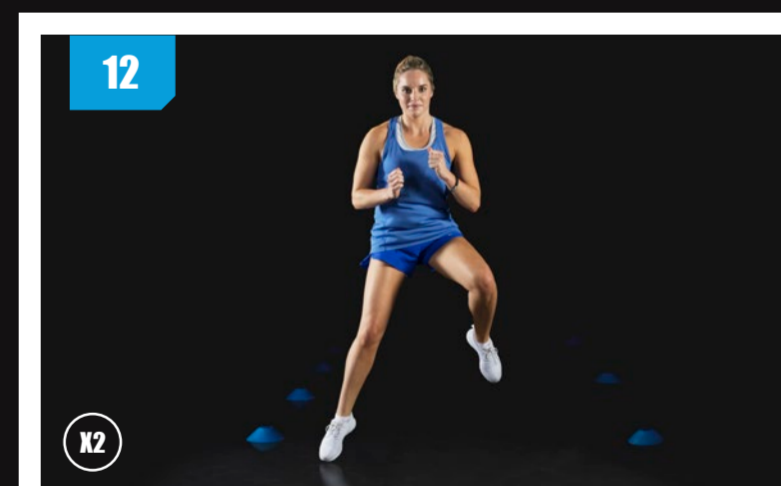
11



X2

SQUATS WALKING LUNGES

12



X2

JUMPING LATERAL JUMPS

PART THREE
RUNNING ·
8 MINUTES

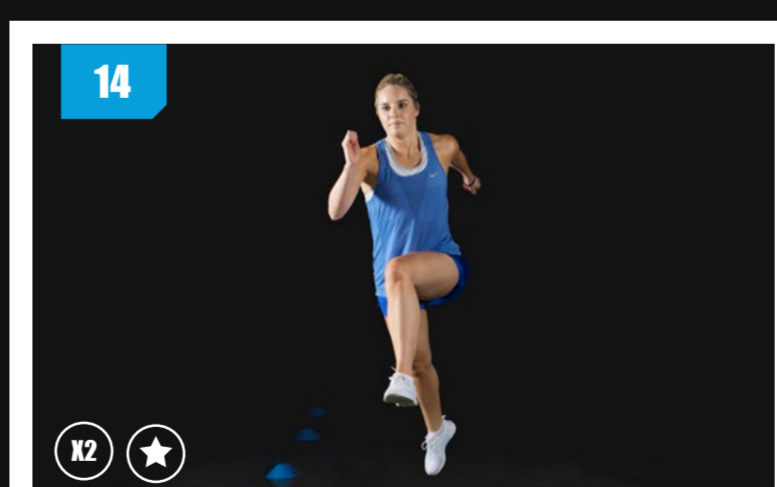
13



X2 ★

RUNNING ACROSS THE PITCH

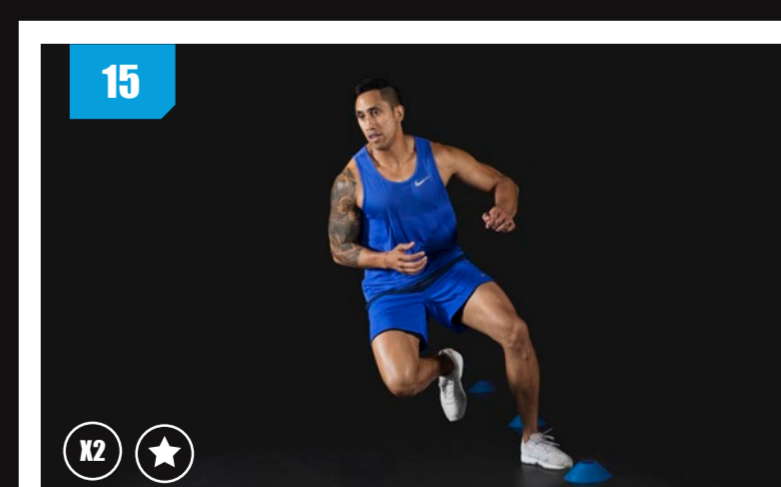
14



X2 ★

RUNNING BOUNDING

15



X2 ★

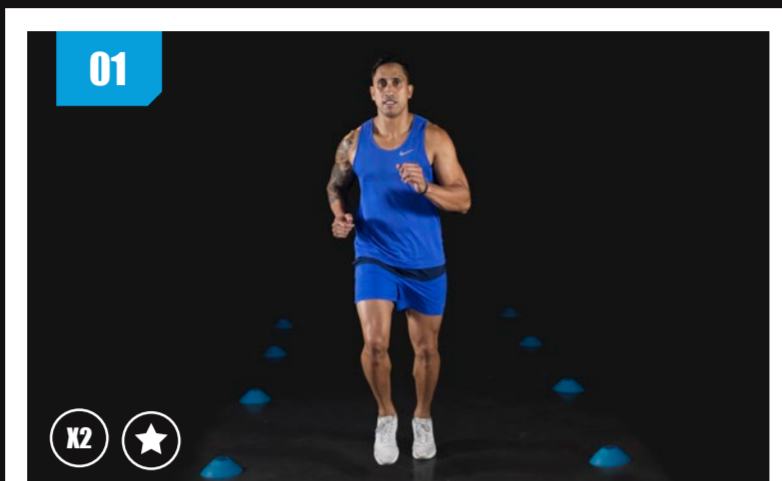
RUNNING PLANT AND CUT

Key: ★ Game day exercises
X Number of exercise repetitions

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accsportsmart.co.nz/warmup

PART ONE
RUNNING ·
8 MINUTES

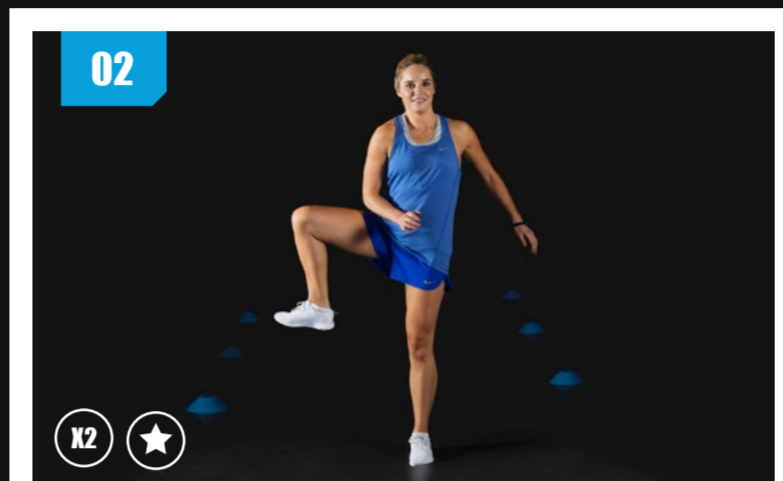
01



X12 ★

RUNNING STRAIGHT AHEAD

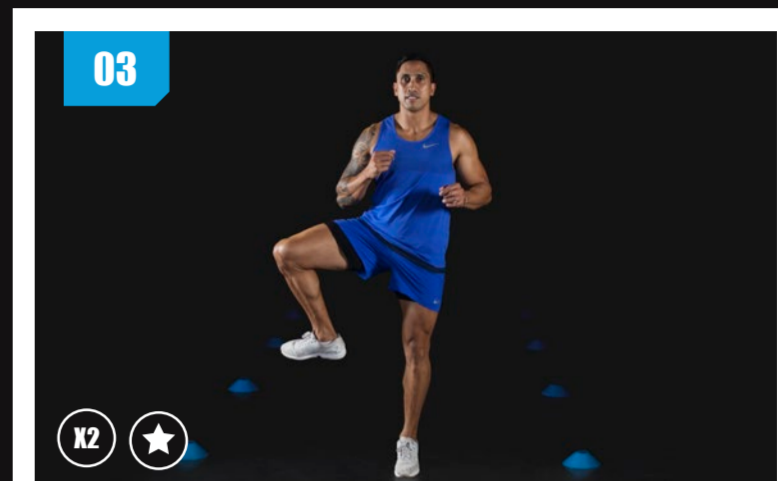
02



X12 ★

RUNNING HIP OUT

03



X12 ★

RUNNING HIP IN

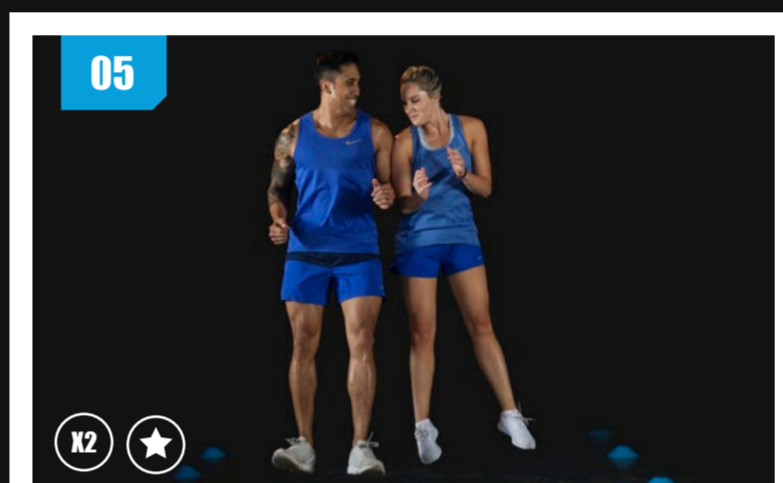
04



X12 ★

RUNNING CIRCLING PARTNER

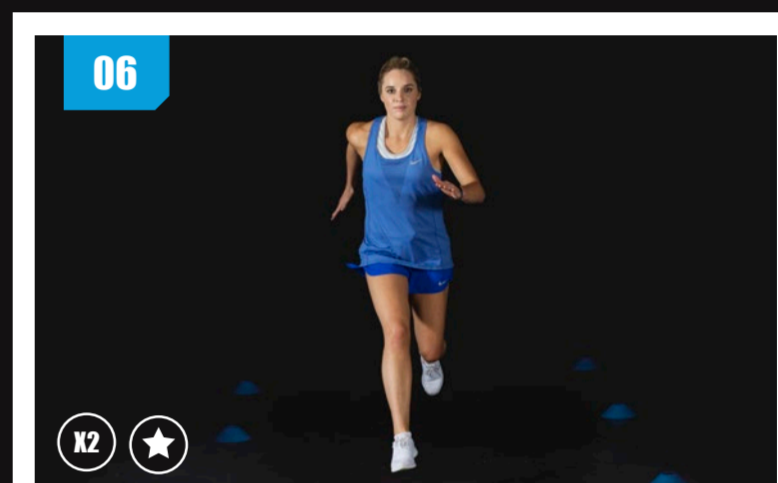
05



X12 ★

RUNNING SHOULDER CONTACT

06

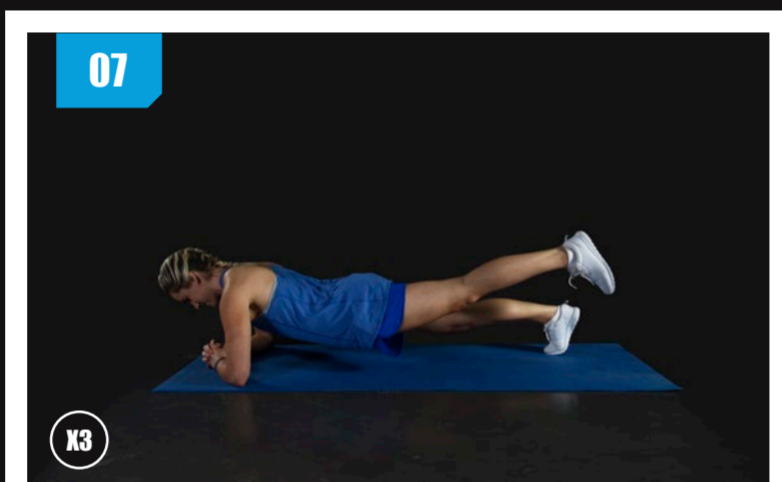


X12 ★

RUNNING QUICK FORWARDS AND BACKWARDS SPRINTS

PART TWO
STRENGTH,
PLYOMETRICS
AND BALANCE ·
10 MINUTES

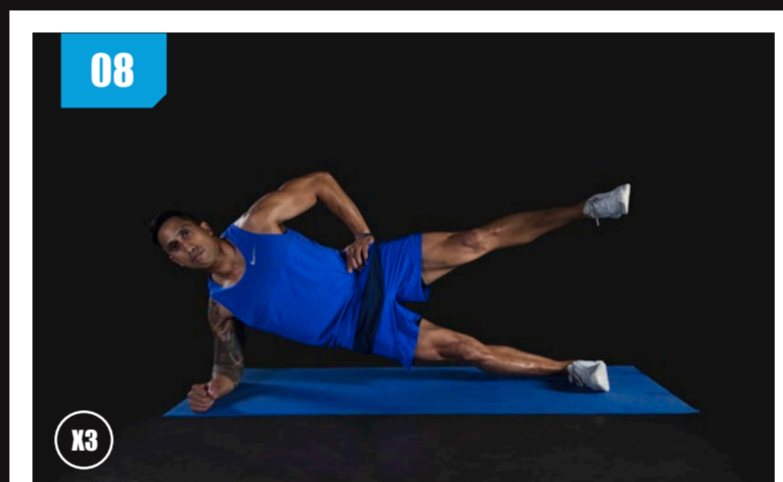
07



X13

THE BENCH LIFT AND HOLD

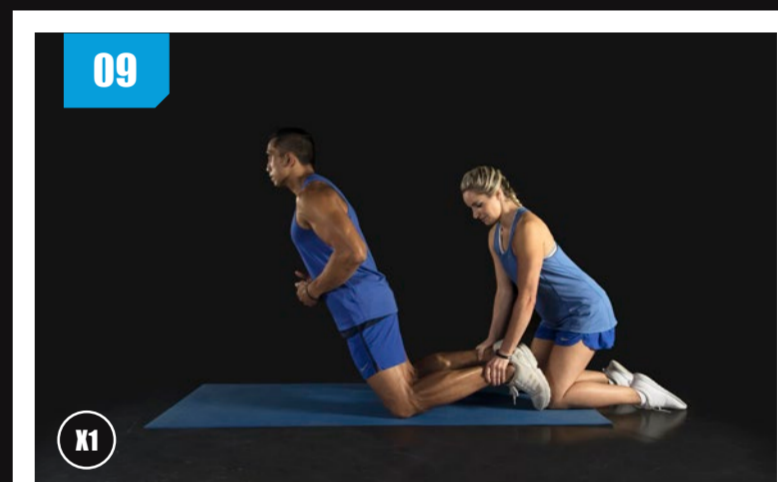
08



X13

SIDWAYS BENCH WITH LEG LIFT

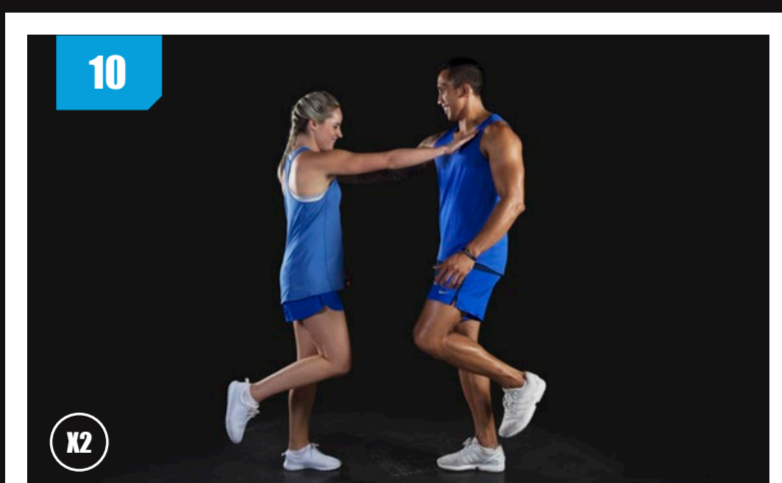
09



X1

HAMSTRINGS ADVANCED

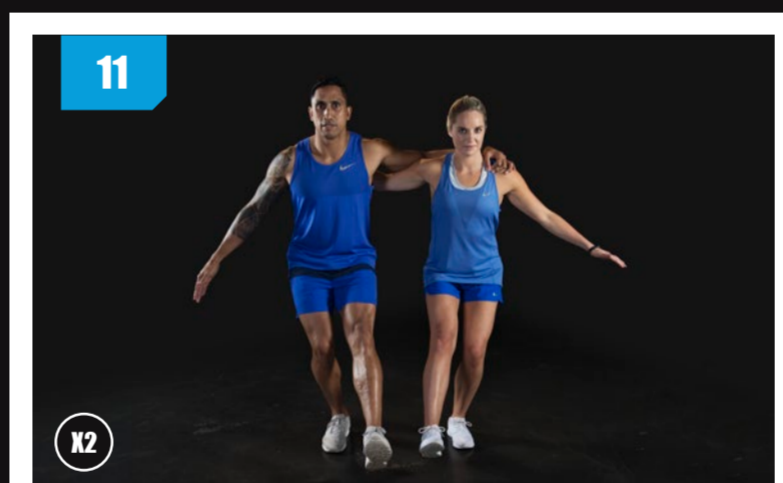
10



X12

SINGLE LEG STANCE TEST YOUR PARTNER

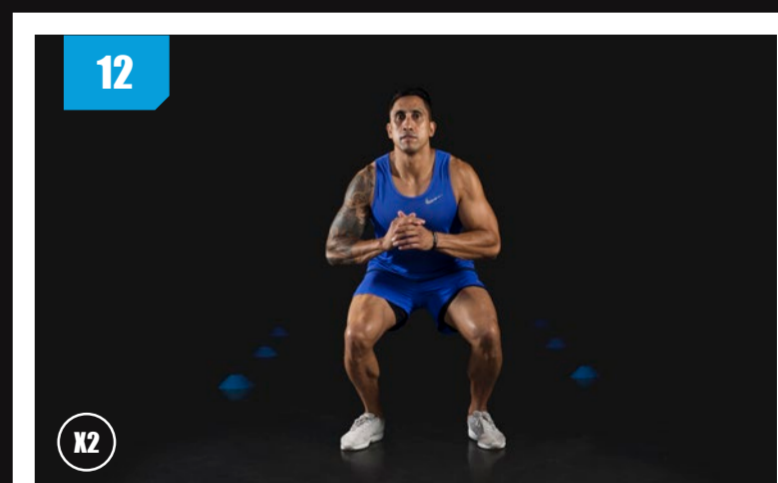
11



X12

SQUATS ONE LEG

12



X12

JUMPING BOX JUMPS

PART THREE
RUNNING ·
8 MINUTES

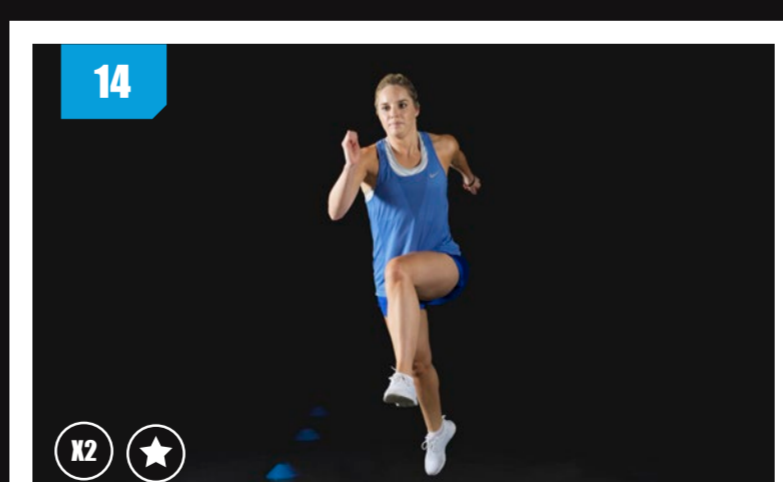
13



X12 ★

RUNNING ACROSS THE PITCH

14



X12 ★

RUNNING BOUNDING

15



X12 ★

RUNNING PLANT AND CUT

Key: ★ Game day exercises
X Number of exercise repetitions

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accsportsmart.co.nz/warmup